



It's All About Diabetes

Living with diabetes can be a challenge. But maintaining close-to-normal levels of blood sugar has been shown to reduce the risk of diabetes-related problems. That's why monitoring your blood sugar levels with a blood glucose meter is important for managing diabetes.

Choosing a Blood Glucose Meter

When choosing a meter, it often comes down to the features you're looking for. Here are a few things to consider when making your choice:

- How does the meter score for accuracy? Does it come with a control solution or test strip to check for accuracy?
- Does the meter fit in your backpack, supplies kit or purse?
- How skillful are you at handling those test strips? You might want to try a meter that uses cartridges instead of individual strips.
- How much blood does the meter require? Less is better.
- Do you want to download results to a computer or email them to your doctor's office?
- Interested in alternative site testing? There are meters that can test samples from various places on the body.

Checking Your Blood Glucose

Regular blood glucose checks and consistent record-keeping give you a good picture of where you are in your diabetes care.

Checks tell you how often your blood glucose levels are in your target range. Your target range is a personalized blood glucose range that you set with your doctor. Once you know how often and when to check, stick to the schedule and check at those times each day.

Keep a daily log recording your levels. Then take your log with you when you visit your doctor or other members of your diabetes care team. The information in your log will let them know how you are doing.



For more information about diabetes, go to bcbsok.com, log in to Blue Access for MembersSM (BAMSM) and click the 'My Health' tab. Blue Cross and Blue Shield of Oklahoma (BCBSOK) offers certain blood glucose meters to members with diabetes at no additional charge.

Glucose Meters Are Available to You

BCBSOK is offering you a choice of the blood glucose meters below at no additional charge for a limited time to help you manage your condition. This offer is available through March 31, 2022.**

If you have BCBSOK prescription drug coverage, CONTOUR®NEXT test strips for the meters below are listed as preferred brands on your drug list. Coverage and payment levels for non-preferred brand test strips may vary, depending on your pharmacy benefit plan.

Please review these options and ask your doctor which meter best fits your needs.

CONTOUR®NEXT Blood Glucose Monitoring Systems

To order a CONTOUR NEXT meter to be shipped directly to you, call **800-401-8440** and use the ID code **BDC-OK**. You can also take the coupon below to an in-network pharmacy to pick up the meter (check **myprime.com** for a list of pharmacies if you have BCBSOK prescription drug coverage).

CONTOUR NEXT ONE Blood Glucose Monitoring System

- Proven accurate results and easy to use^{1*}
- Receive immediate results on your Bluetooth®-connected smart phone or tablet
- Download the free CONTOUR® DIABETES app to get your results right on your compatible Android or iOS smartphone or tablet. Visit **compatibility.contourone.com** for a list of compatible devices

CONTOUR NEXT EZ Blood Glucose Monitoring System

- The easy-to-use features you want with the proven accuracy² you expect
- Ready to test, right out of the box
- Easy-to-read display

Visit **contournext.com** for more detailed descriptions on these meters.



ACT NOW!

FREE[†] CONTOUR®NEXT portfolio meter

Visit your local pharmacy to get your free meter today.

This coupon is part of the Ascensia Diabetes Care Free Meter Program. This coupon must be accompanied by a prescription. If none on file, please contact the physician. Please dispense one CONTOUR®NEXT ONE, CONTOUR®NEXT EZ or CONTOUR®NEXT meter at no charge to the patient. Transmit the claim online to RxSolutions. This coupon is valid for one fill only, and refills will not be authorized. Processor requires Valid Prescriber ID#, Patient Name, and DOB to adjudicate claim. Please remove the ID# from the patient profile after claim is processed. For assistance in filing this claim, please call the Help Desk at 1-855-282-4888.

† LIMITATIONS & RESTRICTIONS. This coupon is being provided to you by Ascensia Diabetes Care for one free CONTOUR®NEXT ONE, CONTOUR®NEXT EZ or CONTOUR®NEXT meter. This coupon should be taken to your local pharmacy where you will receive a meter without charge. Ascensia Diabetes Care reserves the right to change or terminate this program at any time without notice. **Claim for product dispensed pursuant to this card shall be submitted to RxSolutions ONLY for reimbursement and cannot be submitted for reimbursement by federal or state insurance programs such as Medicare, Medicaid or any 3rd Party payer for reimbursement. Limit one meter per person. Void where prohibited.**

RxBin #	018844
PCN #	3F
Group #	MGDCARE
ID #	CNMC7246982
Exp. Date	3/31/2022

1. Christiansen, M. et al. A New, Wireless enabled Blood Glucose Monitoring System That Links to a Smart Mobile Device: Accuracy and User Performance Evaluation. Journal of Diabetes Science and Technology. 2017, Vol. 11(3) 567-573.

2. Bernstein, R. et al. A new test strip technology platform for self-monitoring of blood glucose. Journal of Diabetes Science and Technology. 2013; 7(5):1386-1399.

* ±8.4 mg/dL applies to values > 100 mg/dL. Ad hoc analysis demonstrated 95% of results fell within ±8.4 mg/dL or ±8.4% of the laboratory reference values for glucose concentrations <100 mg/dL or ≥100 mg/dL, respectively, when tested via subject-obtained capillary fingertip results (patients with diabetes).

** Offer valid for qualified patients with diabetes and subject to availability. Limitations and restrictions apply. While supplies last. Void where prohibited. This offer must be accompanied by a prescription. Ascensia Diabetes Care reserves the right to change or terminate this program at any time without notice. Products provided as a free sample may not be resold or submitted to any federal/state insurance or 3rd Party payer for reimbursement.

Disclaimer: This information is not intended to be a substitute for professional medical advice. If you are under the care of a doctor and receive advice different from the information contained in this flier, follow the doctor's advice. See your doctor if you are experiencing any diabetes symptoms or health problems.

RESTRICTIONS: Offer not valid for prescriptions reimbursed under Medicaid, Medicare drug benefit plan, Tricare or other federal or state health programs (i.e. medical assistance programs). If patient is eligible for drug benefits under any such program, offer not valid.

Third-Party brand names are the property of their respective owners. MyPrime.com is an online resource offered by Prime Therapeutics LLC, a pharmacy benefit manager contracted by Blue Cross and Blue Shield of Oklahoma to administer prescription drug benefits.